

Cornbread Dressing

Makes: 8 Servings

Some families call this "dressing" while others call it "stuffing". Whatever your family prefers, there's no denying that corn bread, broth, and savory herbs come together beautifully in this traditional dish.

Ingredients

- vegetable oil spray
- 1 teaspoon** olive oil
- 4** green onions, medium (thinly sliced)
- 1** celery rib, small
- 1 1/2 cups** chicken broth, fat-free low-sodium
- 1 teaspoon** dried sage
- 1/4 teaspoon** pepper
- 4 cups** crumbled cornbread
- 1/2 cup** egg substitute
- 1/4 cup** chopped pecans

Directions

1. Preheat the oven to 350°F. Lightly spray an 8-inch square baking pan with vegetable oil spray.
2. In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the green onions, celery, and carrot for 4 to 5 minutes, or until tender, stirring occasionally. Stir in the broth, sage, and pepper.
3. Put the cornbread in a large bowl. Stir in the vegetable mixture, egg substitute, and pecans (the mixture will be moist). Transfer to the baking pan.
4. Bake for 30 minutes, or until cooked through and golden brown on top. Transfer to a serving bowl.

Nutrition Information

Nutrients	Amount
Calories	200
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	25 mg
Sodium	390 mg
Total Carbohydrate	26 g
Dietary Fiber	2 g
Total Sugars	8 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Notes

For quick and easy cornbread for this recipe, select a cornbread mix with the lowest amounts of saturated fat, trans fat, and sodium available. Prepare using the package directions, substituting fat-free milk for whole milk and egg substitute for the egg. Omit any butter, margarine, oil, sugar, or salt called for. Bake according to the package directions. Let cool. Crumble 4 cups for the cornbread with your fingers and use as directed in the recipe.

Power to End Stroke: 46 Healthy Soul Food Recipes Cookbook, p. 70